

Lewis & Clark College
Professional Mental Health Counseling & Professional Mental Health Counseling –
Specialization in Addictions
MHC 591
Professional Career Development / Seminar in Critical Issues for the Professional Mental
Health and Addiction Counselor
Syllabus Cover Sheet

Required Objectives:

Professional Counseling Identity (CACREP 2016 Standards)

1b. The multiple professional roles and functions of counselors across specialty areas, and their relationships with human service and integrated behavioral health care systems, including interagency and inter-organizational collaboration and consultation.

1e. Advocacy processes needed to address institutional and social barriers that impede access, equity, and success for clients.

1g. Professional counseling credentialing, including certification, licensure, and accreditation practices and standards, and the effects of public policy on these issues.

1h. Current labor market information relevant to opportunities for practice within the counseling profession

1i. Ethical standards of professional counseling organizations and credentialing bodies, and applications of ethical and legal considerations in professional counseling

1j. Technology's impact on the counseling profession

1m. The role of counseling supervision in the profession

5c. Theories, models, and strategies for understanding and practicing consultation

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Entry-Level Specialty: Clinical Mental Health Counseling (CACREP 2016 Standards)

C1b. Theories and models related to clinical mental health counseling

C2a. Roles and settings of clinical mental health counselors.

C2i. Legislation and government policy relevant to clinical mental health counseling

C2l. Legal and ethical considerations specific to clinical mental health counseling

Methods of Instruction for this Course

Instruction Method	Mark All That Apply
Lecture	X
Small Group Discussion	
Large Group Discussion	X
Course Readings	X
Group Presentation	
Individual Presentation	X
DVD/Video Presentation	X
Supervised Small Group Work	
Individual/Triadic Supervision	
Group Supervision	
Case Study	
Debate	
Class Visitor / Guest Lecturer	X
Off-Campus / Field Visit	
Other:	

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Key Required Assignments/Student Learning Outcomes

These assignments are required for the course, but will not be the only requirements/expectations. The chart below lists the assignment, method of submission, and benchmark score/grade. These assignments are set up for upload to Taskstream and/or instructor provides rating for assignment. See syllabus for details.

Self as Counselor		Proficient (A)	Benchmark (B)	Emerging (C)	Inadequate/Fail	As evidenced by:	Evaluation and Remediation
Goal 3 of 5							
Maintains self care	Internship year	Demonstrates ability to maintain personal wellness to optimize professional competence. Recognizes and proactively addresses early signs of burnout.	Demonstrates ability to perform adequate self care to enhance personal wellness and ability to attend to professional responsibilities. Recognizes signs of burn out before client care is impacted. Score 2 on both	Begins to use self care plan, learns to adapt plan when needed, and seeks supervision and personal therapy as needed. Score 1 on one or more	Engages in inadequate self care that impedes learning ability or client care. Score 0 on one or more	Internship Evaluation Items 14, 24 AND MHC 591: Self care plan	Internship Instructor Review/Referral to BRC or ARC

Professional Identity		Proficient (A)	Benchmark (B)	Emerging (C)	Inadequate/Fail	As evidenced by:	Review and Remediation
Goal 1 of 6							
Demonstrates knowledge of professional functioning including history, roles, organizational structures, ethics, standards, and credentialing.	Practicum Year		CPCE Score At or above the national average or CPCE score below national average and Course grades of A in BOTH MHC 503 and MHC 591			CPCE MHC 503/MHC A502 Grade MHC 591/MHC A570 Grade	Assessment Chair Review/Referral to BRC

Professional Identity		Proficient (A)	Benchmark (B)	Emerging (C)	Inadequate/Fail	As evidenced by:	Review and Remediation
Goal 3 of 6							

Demonstrates understanding of philosophy of mental health counseling	Internship		Defines area of expertise in mental health profession		Fails to complete assignment	MHC 591/MH CA 570 Expertise paper	Internship Instructor Review/Referral to BRC or ARC
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Social Justice Advocacy		Proficient (A)	Benchmark (B)	Emerging (C)	Inadequate/Fail	As Evidence By	Review and Remediation
Goal 3 of 3							
Takes leadership in planning and carrying out an advocacy project during internship (8 hours)	Internship	Leadership shows evidence of reflection of systemic factors and group processes	Clear awareness of system causes of client problems guides leadership	Growing awareness of system causes of client problems and implications for leadership	Unawareness of system-level aspects of client problems	MHC 591/MHCA 570 Completed during career development course; with corroboration by internship instructor: Experience Paper	Instructor review

MHC 591
Professional Career Development
Summer Semester 2023
Fridays 6/23/23 & 6/30/23
9:00am – 5:30pm
York 101

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Course Description:

Addresses key issues of importance to new professional mental health and addiction counselors entering the field. This course is designed to apply career development principles to the professional development of counselors in a variety of roles and settings. Administration, supervision, consultation, and other career-related opportunities for professional mental health counselors will be explored.

This course is taught in a workshop style format. While you will likely need to do some work outside of our class meetings, our goal is to be able to share our work with each other while it is in progress during our face-to-face meetings as well.

General Requirements:

Primary course requirements will include (a) class attendance, (b) completion of a career portfolio, (c) completion of developing expertise. **This course is graded on a credit/no credit basis; credit will be received if all assignments have been completed satisfactorily and you have met all attendance and participation expectations.**

Tech Requirements:

If you have questions about accessing and using Moodle, visit [Lewis & Clark's Moodle Resources page](#). Moodle and tech support is also available by email at ITservice@lclark.edu or by phone at 503-768-7225. IT's summer hours are 9-5, Monday to Friday. If you call, leave a message and they will call you back.

Attendance:

You **must** attend both synchronous meetings as scheduled on 6/23/23 and 6/30/23. Missing either of these class meetings will result in a grade of No Credit.

Late assignments: Any assignments turned in late (without previous permission) will automatically receive a reduction in grade and may result in a grade of No Credit.

Recommended Readings:

- [Amatea, E. S.](#) (1991). Developing a career as a mental health counselor: Changing ideas, changing options. *Journal of Mental Health Counseling*, 13(2), 279-290.
- [Busacca, L. A.](#) & [Wester, K. L.](#) (2006). Career concerns of master's-level community and school counselor trainees. *The Career Development Quarterly*, 55(2), 179-190.
- Corey, G. (2010). *Creating your professional path: Lessons from my journey*. Alexandria, VA, US: American Counseling Association.
- [Ellis, M. V.](#) (2010). Bridging the science and practice of clinical supervision: Some discoveries, some misconceptions. *The Clinical Supervisor*, 29, 95-116.
- Gibson, D.M., Dollarhide, C.T., & Moss, J.M. (2010). Professional identity development: A grounded theory of transformational tasks of new counselors. *Counselor Education and Supervision*, 50, 21-38.
- Henderson, J. D. (2022). Self-care is not the solution for burnout. *The Beautiful Truth Magazine*. London, England.
- Hodges, S. & Connelly, A. R. (2010). *A job search manual for counselors and counselor educators: How to navigate and promote your counseling career*. Alexandria, VA, US: American Counseling Association.
- Northrup, L.M. (2022). *Radical healership: How to build a values-driven healing practice in a profit-driven world*. North Atlantic Books.
- Posluns, K., Gall, T.L. Dear Mental Health Practitioners, Take Care of Yourselves: a Literature Review on Self-Care. *Int J Adv Counselling* 42, 1–20 (2020).
<https://doi.org/10.1007/s10447-019-09382-w>
- [Scholl, Mark B.](#); [Cascone, Jason](#) (2010). The constructivist résumé: Promoting the career adaptability of graduate students in counseling programs. *The Career Development Quarterly*, 59(2), Dec 2010, 180-191.

Major Assignments:

1. Developing Expertise (50 points)

What's your niche? What's your specialty? Whether you plan to immediately go into private practice or work for a community agency, having a niche in the field of counseling can be extremely beneficial when it comes to searching for a job or building up a clientele. The objective of this short paper is to describe, in detail, either an area of expertise in the counseling profession that you already have or one that you plan to work on developing. For example, have you been working with trauma survivors and have accrued substantial skills working with trauma and clients with post-traumatic stress disorder? If so, describe what makes this area your specialty and what you plan to do to continue to sharpen current skills and develop new ones? How would you present your expertise to a potential employer or how would you market yourself to potential clients?

This write-up should be 1 - 2 pages double-spaced. **Due on Moodle no later than 11:59 p.m. PST on 6/28/23.**

2. Career Portfolio (50 points)

The purpose of this assignment is to both prepare you for a post-graduation job search and to get you thinking and planning for your longer-term professional goals. While this assignment has several components, all narrative portions are intended to be brief (1-2 paragraphs). Bullet points are also okay and APA is not necessary.

All of the below items should be compiled into **one** document. **Due as an in class presentation on 6/30/23.**

This assignment is made up of the following components:

- **Autobiographical Information**
 - Name, current job title and company (if applicable)
 - Work experience. Share your relevant work experience that contributes to your skills as a counseling professional.
 - Other experience. Education, volunteer work, interests/hobbies, professional memberships, and any other experience that contributes to your skills as a counseling professional.
 - Aspirations. What do you aspire to do in your current and future work as a professional counselor?
 - Career goals. List a minimum of 2-3 short-term **and** long-term career goals.

- **Brainstorm & Career Exploration**
 - While you have identified your current short and long-term career goals, it is important to acknowledge that life, the universe, and everything thereafter can (and often will) change. You may come to a point in your life where you want to do something different. You may become burned out and need a break. You may get the “itch” to challenge yourself after finding your bearings as a professional counselor. The point of this exercise is to identify where and how your education, skills, interests, and passions can translate to a career outside of direct counseling services.
 - § **Brainstorm.** Make a list of passions and interests. They do not need to be job related, income generating, or have anything to do with counseling. Don't think too hard. Write down 8-10 items.
 - § **Generate ideas.** Come up with ideas for 3-5 potential careers based on your list of interests.
 - § **Jobs list.** Based on the two above activities, come up with the following:
 - A **dream** job. A job where money is no object and anything is possible.

- A **realistic** job. Given the limitations of reality (e.g. loans, life circumstance, etc.) what is a *realistic* job for you right now? How is reality in the present limiting to your professional vision?
- An **alternative** job. What is another job you would consider if you left the counseling field?
- **Resumé and cover letter**
 - Pair up with a classmate and share your current resumé & cover letters with each other.
 - Take time to review each other's resumé and cover letters in detail.
 - Use the resumé rubric (posted under Additional Resources on the Moodle page) to give each other feedback. The purpose is to provide your colleagues with constructive feedback on the strengths and weaknesses on their resumé and cover letter.
 - **Include a final copy of your resumé in your Career Portfolio.** Write a brief paragraph or two about what feedback you received from your colleague and what, if any, changes you made to your original document.

Grading Summary:

Developing Expertise	50
Career Portfolio/Presentation	50
Total Possible Points	100

Grading: This course is graded in accordance with the grading policy of the Graduate School of Education and Counseling, available for viewing in the Navigator Student Handbook (http://www.lclark.edu/graduate/student_life/handbook/registration_policies/index.php#system) and is the point equivalent of that grading scale (A = 4.0 A- = 3.7 B+ = 3.3 B = 3.0 B- = 2.7 C+ = 2.3 C = 2.0 C- = 1.7 D+ = 1.3 D = 1.0 F = 0.0).

Thus, grades for the course are determined by the following percentages:

- A = 94-100 A- = 90-93 B+ = 87-89
- B = 84-86 B- = 80-83 C+ = 77-79
- C = 74-76 C- = 70-73
- F = Below

Final grades between A and B- will receive a Credit (CR) grade. Final grades C+ and below will receive a No Credit (NC) grade. Graduate credit is not received for grades below a B-.

Students with Disabilities:

If you have a disability that may impact your academic performance, you may request accommodations by submitting documentation to the Office of Accessibility Services in the Albany Quadrangle (503-768-7192). After you have submitted documentation and

filled out paperwork there for the current semester requesting accommodations, staff in that office will notify me of the accommodations for which you are eligible.

During this summer term, Office of Student Accessibility continues to be available via email (access@lclark.edu) or by phone (503-768-7192). While they aren't answering the phone directly, if you call and leave a message, they will call you back. You can also make an appointment on line via their website: www.lclark.edu/offices/student_support_services. Appointments will be conducted either by phone or Zoom.

Tentative Course Schedule

Date	Topic	Readings	Assignments Due
6/23/23	Course/Syllabus Overview Constructing Your Future Professional Experiences Developing Expertise Syllabus Q&A Professional Experiences & Developing Expertise (verbal report out)		Updated resumé Constructing your future professional experiences Developing expertise Career Portfolio (start putting together)

6/30/23	Professional Identity Development Putting It All together CADC/CGAC Guest Speaker(s): CTSP Office Administration- <i>Stephanie</i> Private Practice & Community Practice Guest Speakers	TBA	Career Portfolio- <i>(In person presentations)</i>
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